








Grocery List



























MEAT AND FISH

-  300g of raw prawns..... ☐
-  8 slices of ham..... ☐
-  1 chicken between 2 and 3kg..... ☐
-  550g of salmon ☐
























DAIRY

-  ricotta cheese ☐
-   natural yogurt..... ☐

FRUIT AND VEGETABLE

-    garlic..... ☐
-  2 bay leaves ☐
-    5 lemons ☐
-   basil ☐
-   parsley ☐
-  6 peaches..... ☐
-  chives..... ☐
-   mixed green leaves ☐
-  12 baby potatoes ☐
-  2 small courgettes..... ☐
-  12 small tomatoes..... ☐
-  4 sweet potatoes..... ☐
-   1 red onion..... ☐
-  1 lime..... ☐
-  2 ripe mangos..... ☐
-  red chilli ☐
-  baby gem lettuce ☐
-  coriander ☐

STORE CUPBOARD

-  quinoa..... ☐
-   smoked paprika..... ☐
-  crunchy bread ☐
-     rapeseed oil ☐
-  vinaigrette dressing ☐
-  dried oregano ☐
-  thyme ☐
-   chilli flakes..... ☐
-  1 egg ☐
-  70g of breadcrumbs ☐
-  mayonnaise ☐
-  capers ☐
-  cumin seeds..... ☐
-  4 soft bread rolls..... ☐
-  sesame oil ☐
-  madras curry powder..... ☐
-  sugar ☐
-  4 flat breads ☐